

## Fluids & Nutrition in Health & Social Care

All staff working in health or social care settings should be able to recognise when a person is not eating or drinking properly and should be aware of food safety. This programme provides health and care workers with the skills and knowledge to ensure that patients and service users receive the appropriate level of hydration and nutrition. It also covers the importance of food safety and explains the 4 C's. This programme has been mapped to the Care Certificate standards and the CSTF for health.



### Key features

- A level 2 programme (as graded against the nationally accepted levels and equivalent to GCSE grades A\* - C).
- One module with a multiple choice questionnaire.
- One CPD hour with a personalised downloadable certificate.
- 70% pass mark.
- Optional narration of each module for accessibility.
- Additional resources for further learning and a printable module for future reference.
- This programme has been mapped to the Care Certificate and CSTF for Health.

### Programme Breakdown

- The six different groups of nutrients our bodies need daily and where to find them
- The Eatwell Guide
- What poor nutrition means and the signs and symptoms
- Calories and what the body needs
- Meal planner activity to ensure a balanced diet
- The signs and symptoms of dehydration
- Nutrition risk assessment
- Tips to help promote good nutrition and hydration
- Assisting with the intake of food and drink  
What to do if you have a concern
- Food safety and the 4 C approach.

### Programme objectives

This programme provides a thorough understanding of how staff can ensure adequate hydration and nutrition for people in their care.

1. Understand why good nutrition and hydration are important.
2. Identify the signs and symptoms of poor nutrition and hydration.
3. Learn how to promote adequate nutrition and hydration.
4. To learn the importance of personal hygiene and maintaining hygienic premises and equipment.
5. Know how to report concerns.
6. Recognise the importance of food safety.

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